

# WELLNESS BY COMMITTEE

Sandy Batchelor, WorkLife and Wellness Coordinator

Stacey Brezing, WorkStrong Coordinator



**One**UCDAVIS

# STONE SOUP

The story  
of Wellness  
at UC Davis



# STONES



- **FTE (Full Time Equivalent)**
  - 10% of 1.5 FTE = 6 hours/week
- **Budget**
  - \$0
- **Infrastructure**
  - Health System and Campus
- **Demographics**
  - 35,000 students & 23,000 Staff/Faculty
- **Geography**
  - 5,300 acres + off site locations
- **Organizational Support**
  - Minimal

# MANY HANDS SHARING...

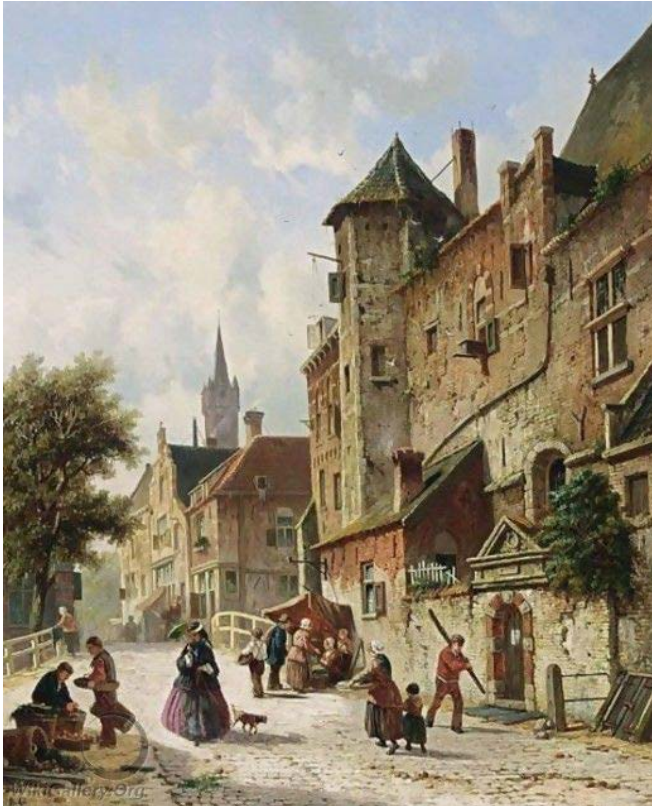
- Expertise
- Energy
- Resources and connections
- Communications





# PARTNERS AND RESOURCES

## Villagers

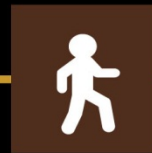
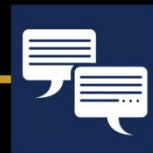
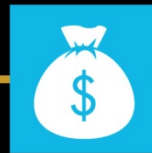


## Ingredients



# ESTABLISHING PARTNERSHIPS

- Look for passion: “wellness champions”
- Look at all dimensions of wellness
- Look at mission statements
- Find common ground
- Look both on campus and off
- Establish a wellness committee



## Eight Dimensions of Wellness

# ON CAMPUS: STUDENT

- Student Health
- Clubs and Organizations



# ON CAMPUS: STUDENT

“Our group was attracted to this project at UC Davis for our Program Planning class project because it allowed us to pursue improvements in areas of health we particularly care about and because we can learn about targeting a population new to all of us and in a setting with its own unique challenges.”

~Christina Badaracco, MPH Student, UC Berkeley



## ON CAMPUS: STAFF

- Eight dimensions of wellness
- Personal champions...make a connection
- Look for unique or specific resources
- Wellness Committee





## Wellness Wheel for kids:

Physical = Play

Social = Share

Intellectual = Think

Occupational = Learn

Emotional = Smile

Spiritual = Rest

Environmental = Explore

# ON CAMPUS: STAFF

“We value our partnership with our wellness committee because together we mutually reinforce healthy habits that are good for responsible resource use, for the environment, and, most of all, for people!”



~Camille Kirk,  
Assistant Director of Sustainability,  
UC Davis Environmental  
Stewardship and Sustainability



# ON CAMPUS: FACULTY

- Departments, Colleges and Programs
- Ongoing or New Research



# ON CAMPUS: FACULTY

“I have been fortunate to partner with the UC Davis Worklife program over the past several years and capitalize on existing resources to provide students with valuable hands-on experience while providing faculty and staff with personalized health assessments. . . A great win-win situation for all involved”

~Dr. David Hawkins,  
Neurobiology, Physiology and Behavior, UC Davis



# OFF CAMPUS:

- **Local business**
  - In-kind (mutually beneficial)
- **Healthcare Providers**
  - In-kind services (screenings)
- **Health Insurance Providers**
  - In-kind services
  - Swag
  - Funding



# USE TECHNOLOGY

- Robust webpages
- Communications
- E-based programs/challenges
- Apps
- Future Goals:
  - Find a passionate champion in IT
  - Improve campus communications





**ARE WE SOUP YET?**

A few more hands and ingredients...

# WHERE WE ARE...

## WorkLife and Wellness

- BFSP
- Brown Bags
- Yoga
- Aggies on the Move
- Staff Development/Career
- Resource and Referral

## Office of the President

- Smoke and Tobacco Free Initiative
- Student Health & Occ Health
- Vendor Incentive Program
- Systemwide Committee

## Individual Champions

- Meditation
- Walking
- Dept. Based Challenges

## Wellness Committee

- Wellness Fair
- Wellness Challenge
- Wellness Ambassadors

## Other

- Sodexo: Farmers Market
- Occupational Health: WorkStrong
- Fire Department: Heart Attack/AED
- Health Care Providers
- Campus Recreation and Unions
- ASAP
- Ombuds

A grayscale photograph of five business professionals in a modern meeting room, performing various stretches. A man on the left is leaning back against a wall. A woman in the center is doing a high leg kick. A man next to her is stretching his arm. A woman on the right is standing with arms raised. Another woman on the far right is leaning forward. In the foreground, a long conference table is visible with papers and water bottles.

# Wellness Ambassador Program



# QUESTIONS?

## CONTACT INFORMATION

- Stacey Brezing, WorkStrong Coordinator  
[sbrezing@ucdavis.edu](mailto:sbrezing@ucdavis.edu) 530-752-6094
- Sandy Batchelor, WorkLife and Wellness Coordinator  
[sbatchelor@ucdavis.edu](mailto:sbatchelor@ucdavis.edu)  
530-754-8791
- [Worklife-wellness.ucdavis.edu](http://Worklife-wellness.ucdavis.edu)